IN THE CLAIMS

Claims 1-15 cancelled.

16. (Previously Presented) System for preventing the maintaining of a sustained cramped motionless position of a limb comprising an element providing an input signal controllable by a user through interaction with a user's limb disposed adjacent said element, timing means for determining the length of time when a limb is present and inactive, means coupling the input signal to the timing means such that the timing means is only started when no input signal is being generated and is reset every time an input signal is generated and means for generating an alarm signal to the user when said length of time exceeds a threshold value.

17. (Previously Presented) A system as set forth in Claim 16 in which there is included a sensor capable of detecting the presence of a limb placed on or over at least a part of said element.

18. (Previously Presented) A system as set forth in Claim 17 in which the alarm signal comprises a tactile signal.

19. (Previously Presented) A system as set forth in Claim 18 in which the element includes a member adjacent the limb and disposed adjacent the member is a motor operated eccentric mass that vibrates the member to provide the tactile signal.

20. (Previously Presented) A system as set forth in Claim 19 in which the element comprises a mouse housing and the motor operated eccentric mass is located within the housing to vibrate the housing, thus causing the tactile signal.

21. (Previously Presented) A system as set forth in Claims 16 or 17 in which the alarm signal has multiple settings whereby the nature of the alarm signal changes if the presence of the limb continues to be detected after the alarm signal has initially been generated.

22. (Previously Presented) A system according to Claims 16 or 17 in which the alarm signal comprises means for generating an audible alarm.

23. (Previously Presented) A system according to Claims 16 or 17 in which the alarm signal comprises means for generating a visual signal.

24. (Previously Presented) A system according to Claims 16 or 17 that includes a risk profile defining an interaction between a limb and the controllable element wherein the limb is disposed adjacent to the controllable element but no input signal is being generated and means for generating the alarm signal if the nature of the interaction conforms to the risk profile.

25. (Previously Presented) A system according to Claim 24 including means for compiling and storing a record of the interaction between the user-controllable element and the users limb and the generation of alarm signals over a period of time.

26. (Previously Presented) A device for providing an input signal comprising an element controllable by a user by means of interaction with a user's limb, means for detecting activity of the user's limb and means for generating an alarm signal to the user if no user activity is detected after for or during a period of time.

27. (Previously Presented) A device according to Claim 26 in which the configuration of the device is adapted to allow the means for detecting activity of the

user's limb to detect the activity of a user's limb placed on or over at least part of the element, and means for communicating the signal representative of the detected activity to a controller configured to generate the alarm signal if no user activity is detected after for or during a period of time.

28. (Previously Presented) A computer input signal device comprising a mouse having a housing, a sensor device disposed in said housing capable of detecting the presence of a users hand placed over a part of the housing, timing means for determining the length of time when the hand is present and inactive, means coupling the input signal to the timing means such that the timing means is only started when no input signal is being generated and is reset every time an input signal is generated and means for generating an alarm signal if the time interval exceeds a threshold value.

29. (Previously Presented) A computer input device as set forth in Claim 28 in which the alarm signal consists of a motor driven offset weight positioned to engage said housing to vibrate same to indicate to the user that the hand should be moved relative to the housing.

30. (Previously Presented) A computer input device as set forth in Claim 28 in which the alarm signal comprises a visual signal.

31. (Previously Presented) A computer input device as set forth in Claim 28 in which the alarm signal comprises an audible signal.

32. (Previously Presented) A computer input device comprising a mouse, means within said mouse containing means for detecting user activity of said mouse

and means for generating an alarm signal to the user if no user activity is detected after a preset period of time of no user activity.